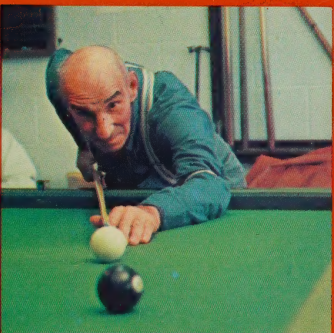
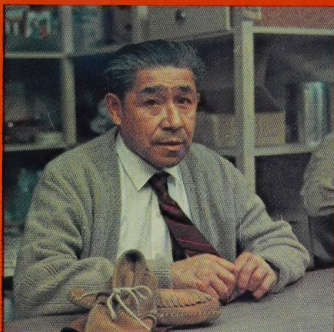
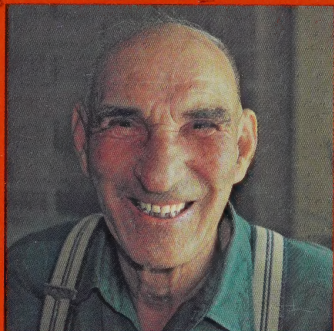


Senior Citizens and living every minute of it!

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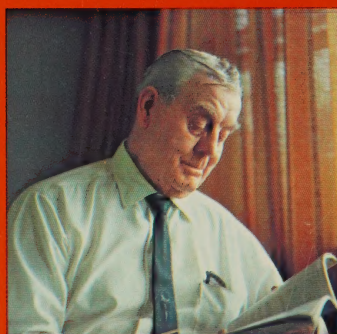
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A growing number of Ontario's senior citizens are proving age doesn't lessen one's capacity to enjoy life by their active involvement in a wide range of social, educational and recreational activities.

Experts tell us the secret to fulfillment at any age is activity that challenges as well as entertains.

And for older adults in Ontario, there are countless opportunities for meaningful activity.



Enjoying yourself

The term recreation has many interpretations, but generally it implies enjoyable activity during leisure time.

For retired people with unlimited leisure time, taking a university course, travelling across Ontario, working as a volunteer or spending time in the garden could all be classed as recreational activities.

Recreation can also run the full gamut from hobbies, crafts and theatre arts to physical fitness programs, sports and social gatherings.

Ontario now has over 60 Elderly Persons' Centres. Each provides a formal recreation program and a meeting place for social functions in the community. There are also hundreds of Senior Citizens' Clubs offering companionship and social activity.

A growing number of public entertainment facilities now give reduced admission rates to people over 65. These include theatres, zoos, museums, art galleries, exhibitions, provincial parks and camp grounds.

Whether in a group or as an individual, the opportunities for recreational activity are as varied as one's interests.



Continuing to learn

Researching any unfamiliar subject can be a challenging form of recreation.

While young people look at school as an avenue to a well-paying job, senior citizens can pursue further education for the simple enjoyment of learning.

Doctors confirm that intelligence does not necessarily decline with advancing age. In fact, some of civilization's outstanding minds produced their finest work after the age of 70.

Resources for continuing education are expanding every year. For formal studies, universities and community colleges offer a wide range of courses both during the day and evening. The Ontario Ministry of Education supervises correspondence courses which can be studied in your own home. Various organizations like the YMCA/YWCA and municipal recreation units also have special interest courses for older adults.

The most readily available "free university" for any age group is the local public library. Books and periodicals can enable one to delve into the classics, travel around the world, learn the art of wine-making or get to know your favourite hockey or football star.

Whether through reading or formal studies, continuing the learning process is a real step toward personal fulfillment.

Finding something to do

There is no legislation in Ontario which dictates retirement at 65. However, most employers have adopted this policy and, realistically, older people often find it difficult to find suitable full-time employment after they have been officially retired.

Some senior citizens have discovered alternatives to full employment. For example, a hobby or skill can be developed to the point where one's products can be sold. Although no longer working directly in their field, older professionals have set up consulting firms.

A careful self-examination can often come up with a solution. Skills in carpentry, cooking, sewing or repair work can be turned into a "second career" in your own neighbourhood.

Those with a flair for adventure may even consider working in a developing country for an organization like CUSO (Canadian University Students Overseas). Older people have a great deal to offer in foreign service, including homemaker skills, teaching English or business skills.



Volunteerism is a wide-open opportunity for all age groups, particularly for those in retirement. Even the smallest community has a need for volunteers in areas like visiting the sick, helping the handicapped, working with children, helping to raise funds for charity or local social services. Volunteers don't have to be skilled professionals . . . just sincerely interested people with time to share with others who need help.

The key to finding employment, for wages or as a volunteer, is imagination and a determination to keep working.

"Living every minute of it" is a philosophy that applies to any age group. It simply means making the most of one's opportunities and enjoying life to its fullest.



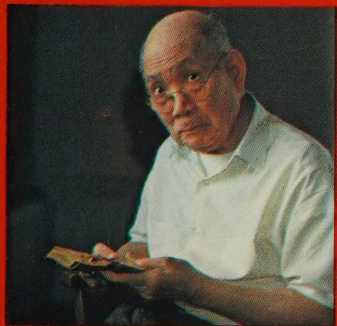
For detailed information on services and opportunities for Senior Citizens in Ontario write to:

Living every minute of it!
Queen's Park,
Toronto, Ontario.
M7A 1A2



Ontario

Ministry of
Community and
Social
Services



Exploring new ground

Senior Citizens with the "travel bug" have a wide range of options. Airlines, railways and most bus companies have special reduced fares for people over 65. Several bus lines also have special group tours for older people at reasonable rates.

For anyone planning a trip in their own car, the Travel Services Branch of the Ontario Government has a staff of travel counsellors prepared to provide you with a route plan and suggestions on points of interest, accommodation and eating spots. Tourism information is also available through most municipal offices in local communities.

All of Ontario's provincial parks have reduced rates for senior citizens to encourage camping and use of picnic facilities. Also most tourist attractions, including historical sites, museums, the Ontario Science Centre and Ontario Place, have reduced or free admission for people over 65.



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